

stout; a corpulent body should be tried to
 be reduced In bulk
 An active, muscular frame is alt that is to
 be desired in life.
 The strenu-th of a person should be
 inferred from his sus-
 taining power, physical work and
 cheerfulness of mind. A
 healthy man is possessed of an
 indomitable energy and
 courage. Even food and drink, which are
 ordinarily calculated
 as unwholesome, should be regarded as
 congenial to persons
 in whom they fail to produce any
 distressing symptoms.
 Va"yu-generating, Pitta-generating, or
 Kapha-generatin^ food,
 . rxclusively taken by a person, makes
 his physical tem-
 perament marked by a preponderance of
 Vayu, Pittam, or
 Khaphah, hence one should partake of a
 mixed kind of diet.
 A man of Vatika temperament has a sinewy
 frame and sparse
 hairs, is of a volatile disposition, and talks
 much in dreams.
 The hair of a man of Pittaja
 temperament becomes pre-
 maturely grey. He is irritable and fair-
 complexioned, easily
 perspires and dreams of fire in sleep. A
 man of Kaphaja
 (phlegmatic) temperament is possessed of
 a crown of glossy
 hair, is of a somewhat sluggish
 disposition, and dreams of
 water in sleep. A man of a bi-humoural
 temperament is
 possessed of mental and physical traits
 peculiar to each of
 those humours. The digestive capacity of a
 person is either
 sluggish, sharp, irregular, or normal; and
 of these four kinds
 the normal one is to be preferred. In the
 irregular kind
 measures and remedies calculated to
 subdue the deranged

Vaya should be employed, while in sharp and sluggish forms, Pitta-subduing, and -Kaphah-destroying remedies, should be respectively employed. Indigestion, is the parent of all diseases;"and there are four forms of indigestion such as, the A'ma, Amla, Rasa, and-' Vishtambha. In the A'm'aja form vomiting should be induced with the administration of Vacha'and salt_A

In the Amla form of, indigestion, - which is marked' by the non-emissjou of semen, vertigo, swoonings, etc., the remedy consists in drinking cold water, and inhaling cold ain